

Signs of Distress

Physical	<ul style="list-style-type: none"> ▪ Tension Headaches ▪ Muscle Tension ▪ Cool, Clammy Skin ▪ Trembling, Twitches ▪ Nausea/ Vomiting ▪ Chronic Fatigue ▪ Weight Gain/Loss ▪ Loss of Appetite 	<ul style="list-style-type: none"> ▪ Elevated Blood Pressure ▪ Heart Rate Increases ▪ Indigestion ▪ Hyperventilation ▪ Frequent Urination ▪ Impaired Sexual Function ▪ Stoopd Posture 	<ul style="list-style-type: none"> ▪ Sweaty Palms ▪ Constipation ▪ Diarrhea ▪ Insomnia ▪ Backaches ▪ Anorexia ▪ Grinding Teeth
Emotional	<ul style="list-style-type: none"> ▪ Apathy ▪ Irritability ▪ Denial ▪ Grandiosity ▪ Feeling You Can't Slow Down ▪ Feeling Worthless 	<ul style="list-style-type: none"> ▪ Over Compensation ▪ Unable to Concentrate ▪ Nervousness ▪ No Interest in Things That Used to Bring You Joy 	<ul style="list-style-type: none"> ▪ Anxiety ▪ Mental Fatigue ▪ Restlessness ▪ Depressed ▪ Don't Know What To Do
Behavioral	<ul style="list-style-type: none"> ▪ Poor Work Quality ▪ Poor Appearance ▪ Being Accident Prone ▪ Alcoholism ▪ Gambling ▪ Mood Swings ▪ Blaming Others ▪ Hyperactivity 	<ul style="list-style-type: none"> ▪ Poor Personal Hygiene ▪ Keeping to Yourself ▪ Defensive Behavior ▪ Excessive Smoking ▪ Spending Sprees ▪ Diminished Initiative ▪ Tardiness 	<ul style="list-style-type: none"> ▪ Sullenness ▪ Crying ▪ Panic ▪ Quarreling ▪ Nail Biting ▪ Mistrust ▪ Indecisiveness ▪ Drug Dependence
Intellectual	<ul style="list-style-type: none"> ▪ Job Dissatisfaction ▪ Poor Span of Attention to Details ▪ Past-oriented Rather Than Future-oriented 	<ul style="list-style-type: none"> ▪ Lack of Awareness to External Stimuli ▪ Reduced Creativity ▪ Diminished Cognitive Abilities 	<ul style="list-style-type: none"> ▪ Lack of Concentration ▪ Preoccupation ▪ Forgetfulness